

Walking & Rolling Safety



UNIT 2: CLASS 1



Today's Topics



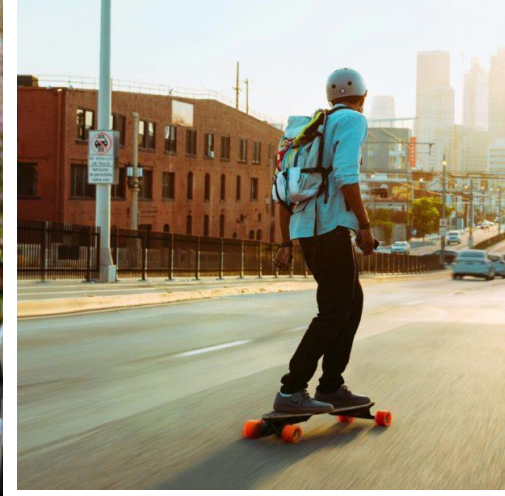
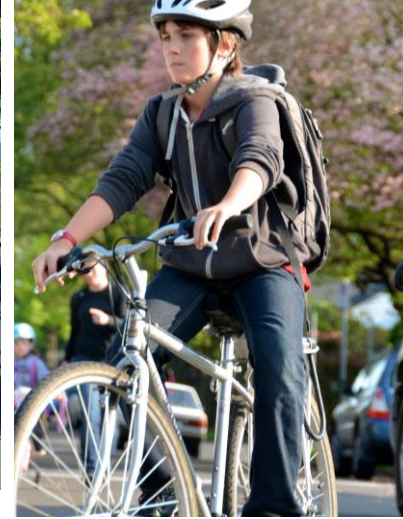
Principles & Benefits of Active Transportation: Review



Test your knowledge!



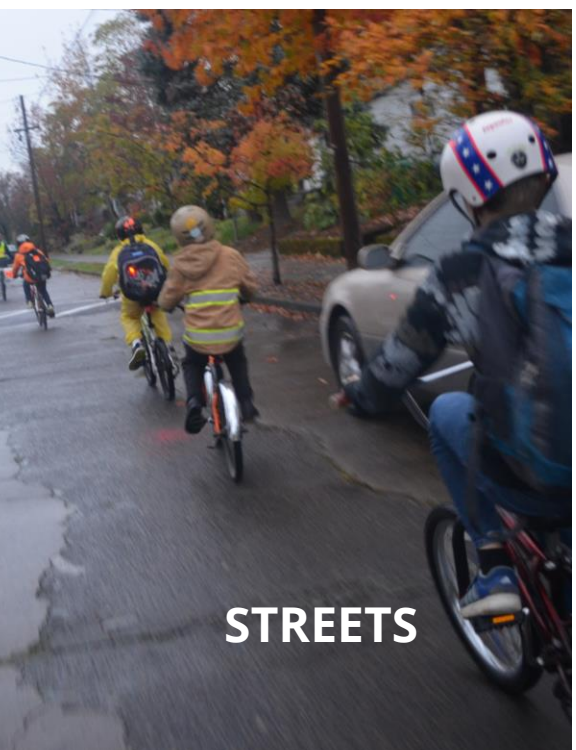
How we roll: Transit



What is Active
Transportation?



We use Active Transportation in public spaces



STREETS



TRANSIT STOPS



SIDEWALKS



PARKS



ON TRANSIT

The Principles of Active Transportation

Aware

having knowledge or perception of a situation or fact

Lawful

following the law

Predictable

behaving in a way that is expected

Assertive

having or showing bold or confident statements & behavior

Considerate

Respectful, showing careful thought.

Able to be seen (Visible!!)

The Principles of Active Transportation



What are some examples of each principle?



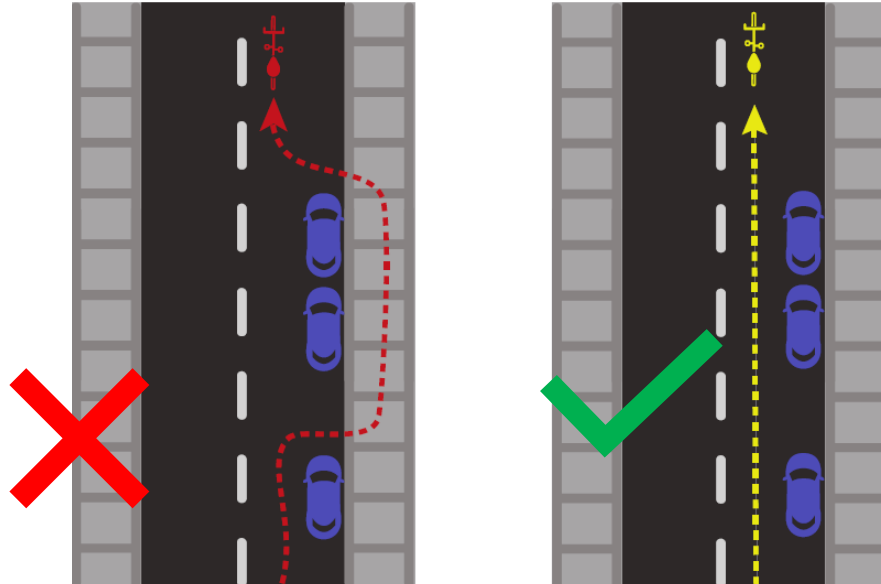
Aware **Lawful** **Predictable** **Assertive** **Considerate** **Able to be seen**

Visibility is more than sight, what are other ways you can be *Able to be seen?*

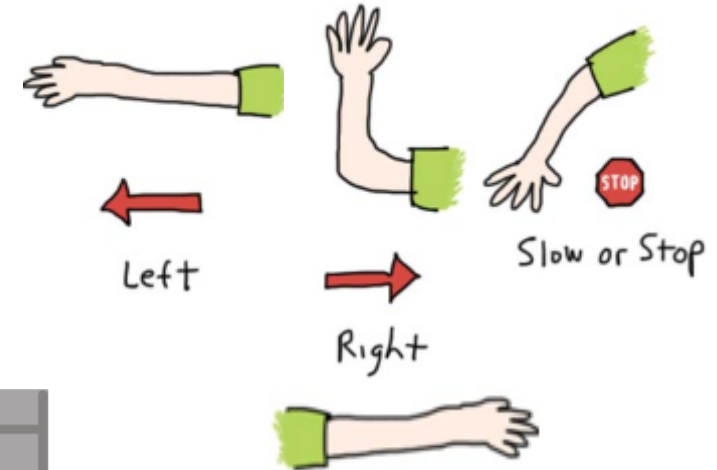


Be loud using your voice, bells or horns

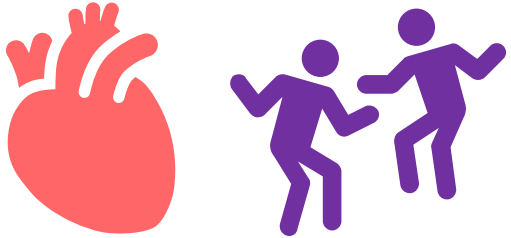
Ride and Roll Predictably
Where you stand and
ride makes a difference



Show Intent



Benefits of Active Transportation



Health



**Neighborhood
Livability**

Environment



Mobility



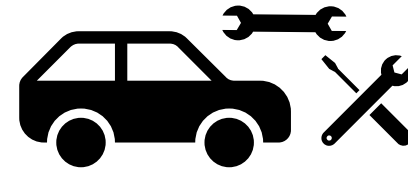
A



B



Economy



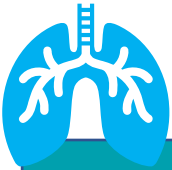


Health

**Precision &
coordination**



**Physical
endurance**

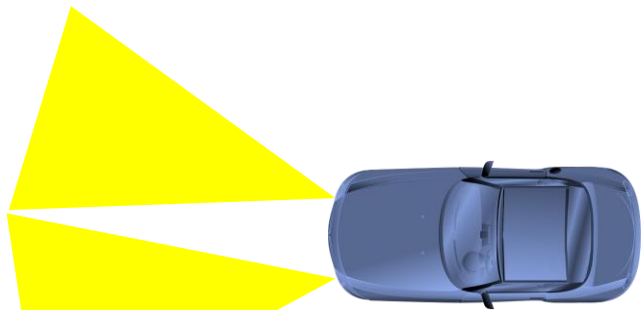


**Full body
workout!**

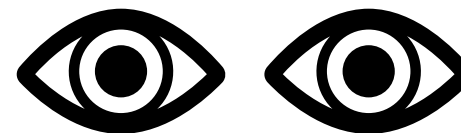


Provides flexibility

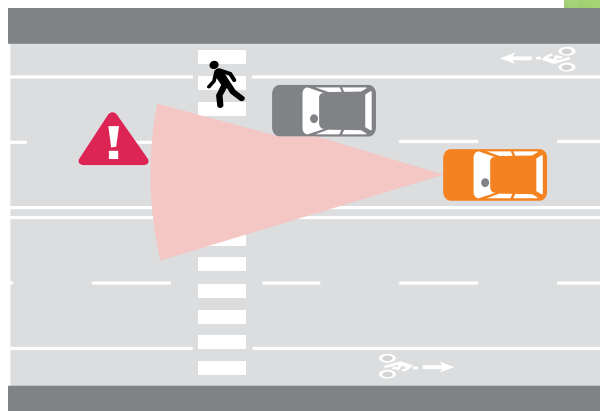




Time to test
your knowledge!



CRASH
~~ACCIDENT~~





Jeopardy game

Riding transit in Portland



Bus



**MAX
(Metropolitan Area Express)**



Portland Streetcar



Aerial Tram



WES



C-TRAN



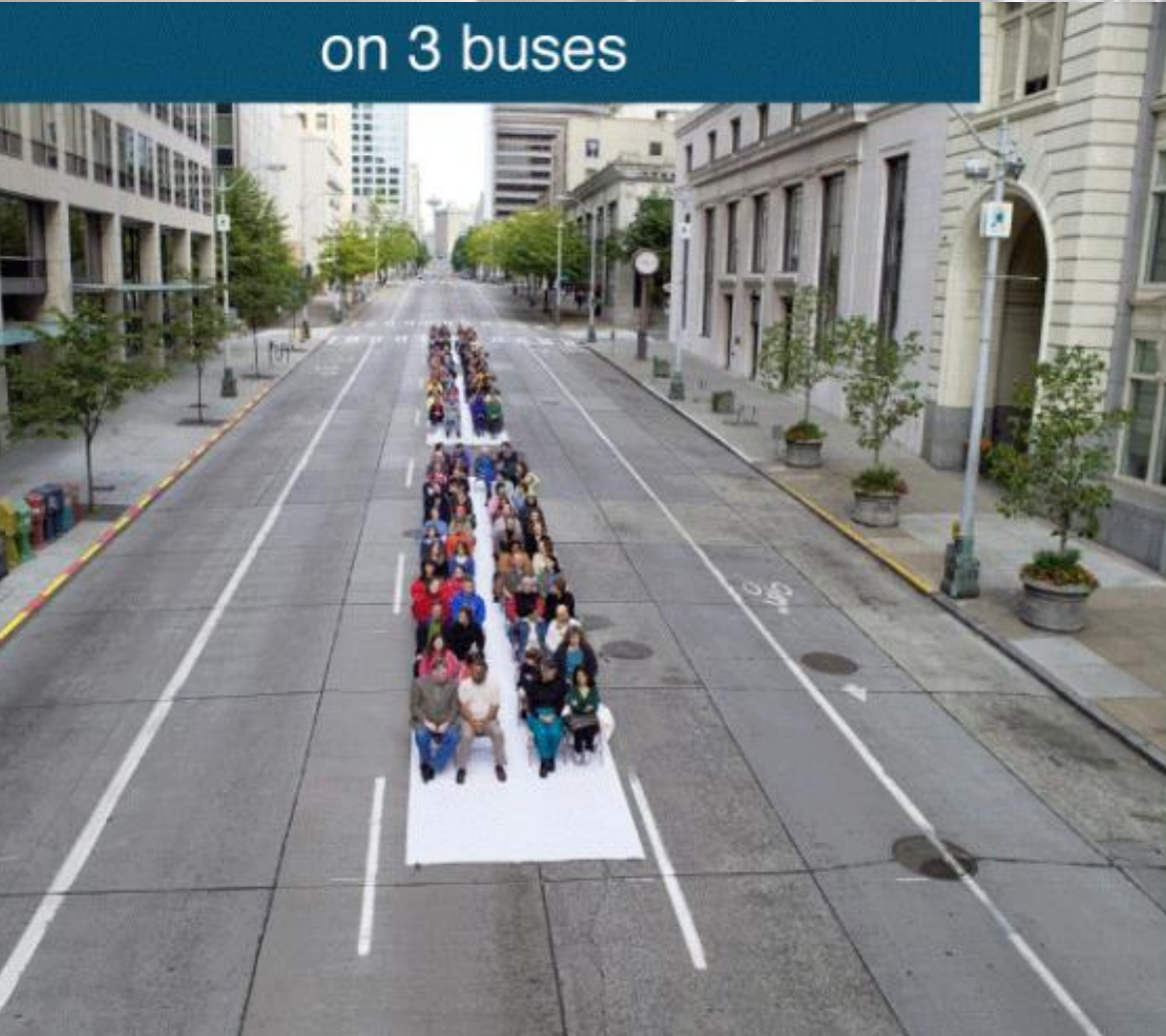
Columbia Gorge Express

Riding transit in Portland



Riding transit in Portland

on 3 buses



on 1 light rail train

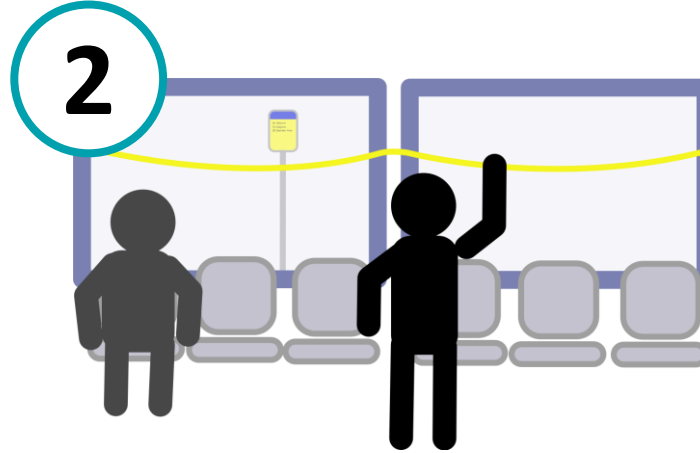


Riding transit in Portland



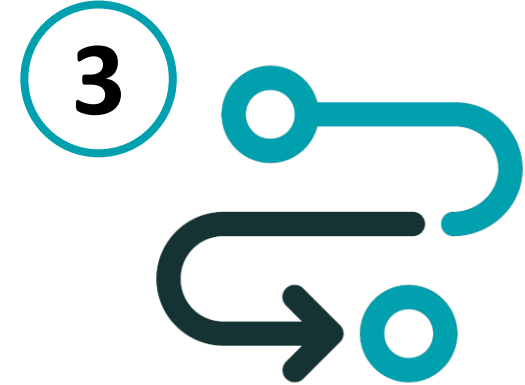
Etiquette & Street Smarts

- Getting a lot of people where they need to go in a small space!



Tools for riding

- How to ride bus & MAX
- Taking your bike with you/using an access ramp

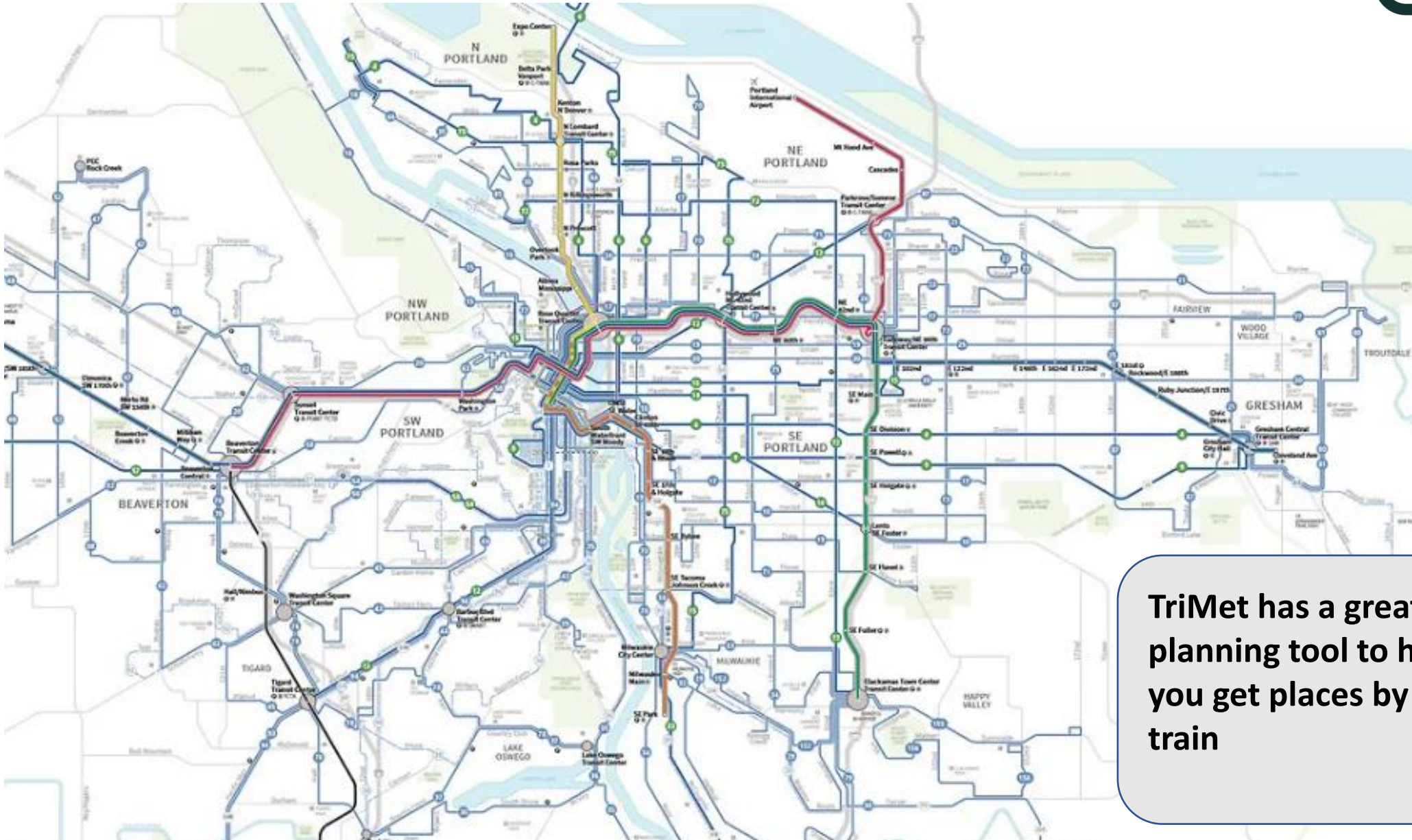


Route planning

- Using TriMet's Trip Planner
- Using TriMet's Transit Tracker
- Tips for Google maps & transit

3

Route planning



TriMet has a great trip planning tool to help you get places by bus or train

3

Route planning



Trimet.org

Trip Planner will help you find the fastest trip with the fewest transfers.

Type in the address

Edit these options to customize your trip by **departure/arrival time** or how far you are **willing to walk** between stops.

The screenshot shows the Trimet.org website's Trip Planner section. The 'Trip Planner' button is circled in red. Below it, the 'From' field contains '4064 N Concord Ave' and the 'To' field contains '2231 N Flint Ave'. The 'Departing after' field shows '11:22 am on April 12th', the 'Travel by' field shows 'Bus or train', and the 'Maximum walk/bike' field shows '3/4 mile'. The 'Showing the Quickest trip' option is selected. The 'Get Directions' button is green. Annotations include a red circle around the 'Trip Planner' button, a red box around the trip options section, and yellow arrows pointing from the text boxes to the corresponding fields in the interface.

TRIMET

Maps & Schedules Stops & Stations Fares Guide More Help Center

Trip Planner TransitTracker Service Alerts

Get step-by-step transit directions.

From 4064 N Concord Ave

To 2231 N Flint Ave

Departing after 11:22 am on April 12th Travel by Bus or train Maximum walk/bike 3/4 mile

Showing the Quickest trip

Use Interactive Map

Get Directions

3 Route planning





Trimet.org


Trip details

How far you need to walk

Take the MAX Yellow Line towards City Center


Trip Planner


TransitTracker


Service Alerts

From

4064 N CONCORD AVE, Portland

To

2231 N FLINT AVE, Portland

Arrive at 7:33am Saturday, April 13, 2019, using Transit

Quickest trip with a maximum walk of 3/4 mile

Fare for this trip: Adult: \$2.50, Youth: \$1.25, Honored Citizen: \$1.25

EDIT TRIP

PRINT

Best bet


22 mins, 0 transfers

Option 2

25 mins, 0 transfers


Option 3

22 mins, 0 transfers

 Walk 1/4 mile to N Prescott St MAX Station

Stop ID 11504


7:16am

Board  MAX Yellow Line to City Center/Milwaukie

7:20am

Get off at Albina/Mississippi MAX Station

Stop ID 11506

 Walk 1/2 mile to 2231 N FLINT AVE, Portland

3

Route planning



Use
che
arri

NE M L King & Failing Southbound

🔄 12:51 pm

Stop ID 5907

ADD TO FAVORITES

6

M L King Jr to Portland

6 min

23 min



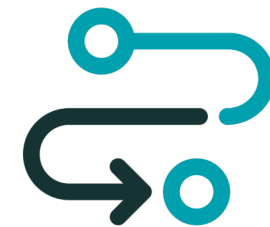
🗨️ FEEDBACK

Type
OR
stop

search feature will help
you find the right stop.

3

Route planning



You can also search
By Line to find when
the next bus or MAX
will arrive

You can even **TEXT**
your Stop ID # to
27299 and you'll
receive info about
upcoming arrivals
on your phone.



Trip Planner TransitTracker Service Alerts

Get arrivals in real-time.

By Stop ID **By Line**

6-Martin Luther King Jr Blvd

Direction

To Portland City Center

Stop

NE M L King & Failing

Get Arrivals

3

Route planning

Try out TriMet's new beta trip planner, which gives you lots of options for what modes you pair with your trip.

The screenshot shows the TriMet website's trip planner. At the top is the TriMet logo. Below it are input fields for 'Enter start location or click on map...' and 'Enter destination or click on map...'. There are buttons for 'Today' and 'Leave now', and a 'Transit Options & Preferences' section with an edit icon. The main section is titled 'Take Transit' and features several mode combination buttons: 'Transit + Bike', 'Transit + Biketown', 'Park & Ride', 'Transit + car2go', and 'Transit + Uber'. Below these are 'Walk Only' and 'Bike Only' options. A 'Travel Preferences' section includes 'USE' buttons for 'Bus', 'MAX & Streetcar', 'WES', and 'Aerial Tram'. At the bottom, there are dropdowns for 'MAXIMUM WALK' (set to 3/4 mile) and 'WALK SPEED' (set to 3 MPH), and a green 'Plan Trip' button.

The screenshot shows the TriMet mobile app's trip planner. At the top is a large 'Take Transit' button. Below it are mode combination buttons: 'Transit + Bike', 'Transit + Biketown', 'Park & Ride', 'Transit + car2go', and 'Transit + Uber'. Below these are 'Walk Only' and 'Bike Only' options. A 'Travel Preferences' section includes 'USE' buttons for 'Bus', 'MAX & Streetcar', 'WES', and 'Aerial Tram'.



3

Route planning



Other trip planning tools: Google Maps

Stop ID #

NE M L King & Wygant
Stop ID: 5961
Bus station

When you click on a stop, details pop up on the sidebar

Bus/train #'s

Bus stops

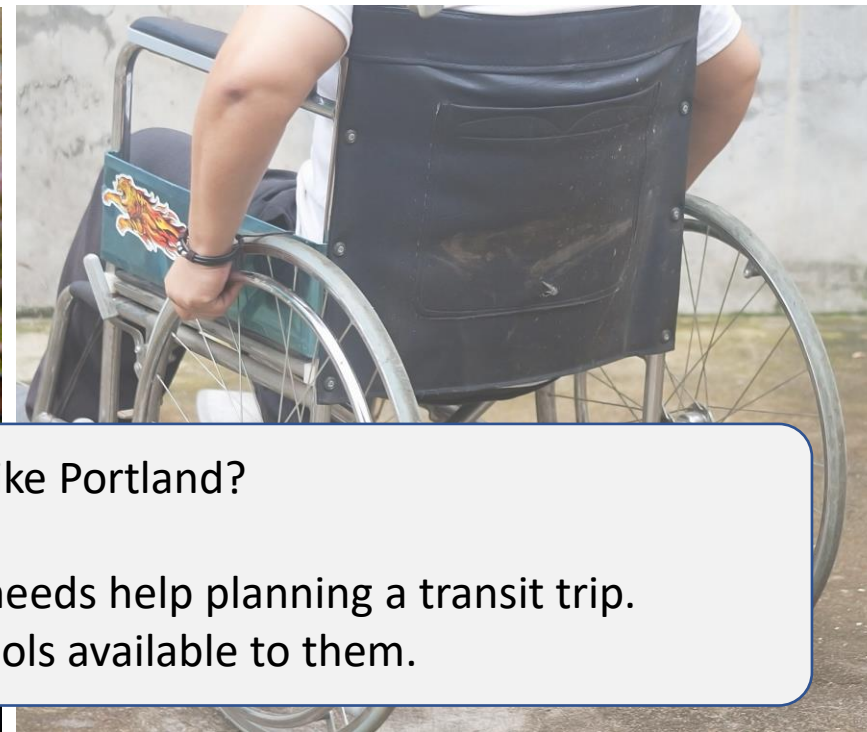
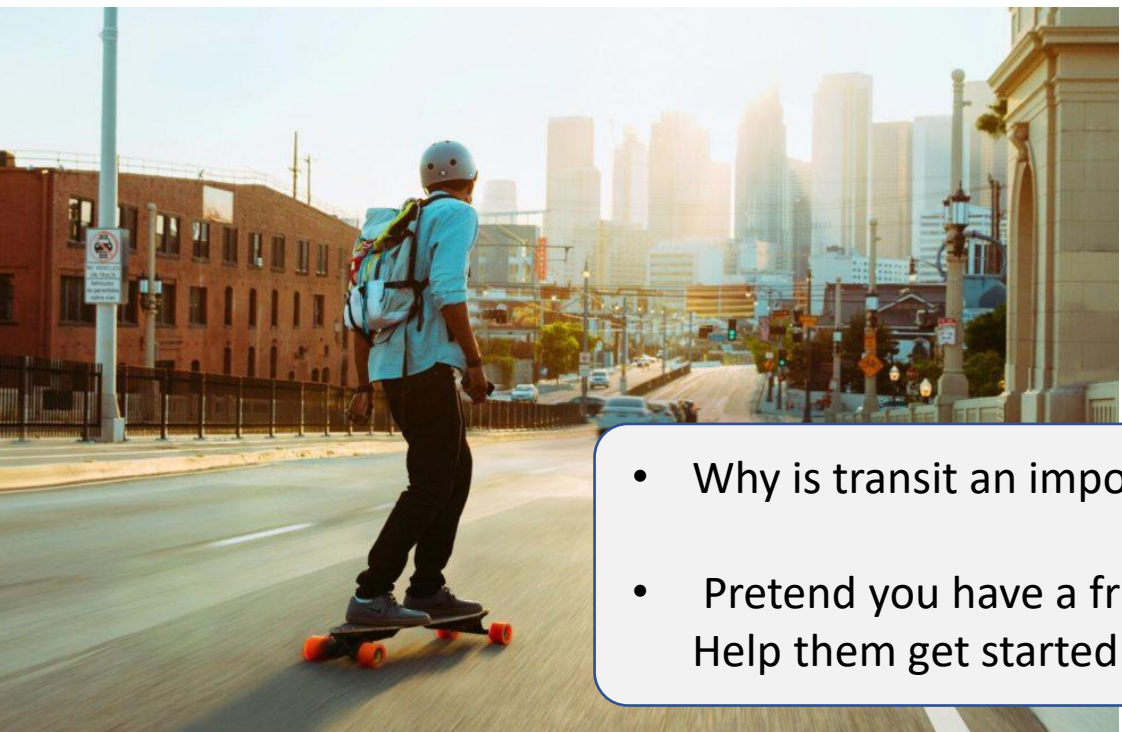
Press this button to see all the next arrivals for your stop

Information
TransitTracker by Text Message is down. We are w...

Buses
6

See departure board

NE M L King & Wygant		
Information	TransitTracker by Text Message is down. We are w...	
Information (6)	The southbound stop at SW 3rd & Main (Stop ID 12...	
Information (6)	Through Friday, no service to the westbound stop a...	
6	Portland	9:23 AM
6	Portland	9:38 AM
6	Portland	9:52 AM
6	Portland	10:06 AM
6	Portland	10:21 AM
6	Portland	10:35 AM
6	Portland	10:50 AM
6	Portland	11:05 AM
6	Portland	11:20 AM
6	Portland	11:35 AM
6	Portland	11:50 AM



- Why is transit an important travel option for cities like Portland?
- Pretend you have a friend or family member who needs help planning a transit trip. Help them get started by explaining the different tools available to them.